

San Bruno Senior Center - Adults 50+

1555 Crystal Springs Road - 650-616-7150

Art & Special Interests, Exercise, Music & Dance

Mondays

3-Mile Hike.....	8:15am
*Ceramics5/23-7/26.....	9:00am
Zumba Gold.....	9:45am
A Conversation in the Arts.....5/3-7/26....	10:00am
Ballroom Dancing (to live music).....	10:45am
Advanced Tap Dance.....	12:30pm
Bridge.....	1:00pm
*The Stories of Our Families, Neighborhoods & Heritage...5/3-7/26.....	1:00pm
Computer Club.....	1:00pm
BINGO.....	1:10pm
Beginning Tap.....	1:30pm
Jazz Dance.....	2:30pm
*Gentle Pilates.....5/3-7/26.....	3:30pm
*Yoga.....Begins 5/3-7/26.....	4:30pm

Tuesdays

Fun & Fitness Exercise.....	9:00am
Spanish Lessons.....	10:00am
Dance Party - DJ.....	10:30am
Computer Club.....	1:00pm
Ukulele Lessons.....	1:00pm
Ballroom Dance Lessons.....	2:00pm

Wednesdays

3 Mile Hike.....	8:15am
Advanced Western Line Dancing.....	9:00am
Stained Glass.....	9:30am
Eye Glass Repair....(2 nd Wed).....	10:00am
Ballroom Dance (to live music).....	10:45am
Computer Club.....	1:00pm
*Current Affairs....5/5-7/28.....	1:00pm
Beginning Western Line Dancing.....	1:00pm
Intermediate Western Line Dancing.....	2:00pm
Men's Haircuts....(1 st & 3 rd Wed).....	3:00pm
Tai Chi.....	3:15pm
BINGO.....	1:10pm
*Yoga.....5/5-7/28.....	4:30pm
Zumba.....	6:00pm

Daily Drop In Activities

Puzzles
Pool Tables
Cards
Twice Monthly Pedro Tournaments
Monday and Friday afternoon Bridge Club
Lunch & Transportation programs sponsored in part by San Mateo County Area Agency on Aging.

Thursdays

Fun & Fitness Exercise.....	9:00am
Creative Writing.....	10:00am
*Yoga5/6-7/29.....	10:00am
*Oil/Acrylic Painting....5/6-7/29.....	12:30pm
Softball	10:30am
Ballroom Line Dancing.....	1:00pm
Coping with Change & Loss Support Group..	1:00pm
Pedro (1 st , 3 rd & 5 th Thursday Tournament)...	12:30pm
Thursday Night BINGO.....	5:00pm
(sponsored by Non-Profit Nutrition Site Council)	

Fridays

3 Mile Hike.....	8:15am
Advanced Tap Dance.....	9:00am
*Knitting....5/7-5/30.....	9:00am
Movie (1 st Friday).....	9:30am
Music Sing Along (2 nd Friday).....	11:00am
Computer Club.....	1:00pm
Bridge.....	1:00pm
Gardening Class.....	1:00pm
BINGO.....	1:10pm
Ping Pong (2 nd & 4 th Friday).....	1:30pm

*Sponsored by San Mateo Adult Education

San Mateo Adult Education Programs

Held at San Bruno Senior Center
All seniors (50+) are invited to participate in all classes. Co-sponsored with San Mateo Union High School District. There is a nominal fee for the above co-sponsored programs.

<u>Class</u>	<u>Instructor</u>	<u>Day</u>	<u>Times</u>
Ceramics	Ann Grannis	M	9am
Armchair Travel	Adam Donovan	M	10am
Wings Over Italy	Adam Donovan	M	1pm
Pilates	Stephanie Funk	M	3:30pm
Yoga	Matt McGovern	Cory M & W	4:30pm
Current Affairs	Jack Mather	W	1-2:30pm
Yoga	Rebecca Blake	Th	10:30-11:30am
Painting	Jeri McGovern	Th	12:30-3:30pm
Knitting	Paola Trombetta	F	9am

Individual Class Fees range from free to \$5 per class.
\$30 Class Card per class. \$55 unlimited classes for 10 week sessions.